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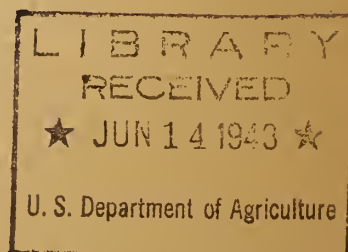
UNITED STATES DEPARTMENT OF AGRICULTURE
U.S. FOOD DISTRIBUTION ADMINISTRATION

^AREPORTS SUBMITTED BY CHAIRMEN
OF
STATE NUTRITION COMMITTEES
TO
NUTRITION AND FOOD CONSERVATION BRANCH

CONFERENCE - WASHINGTON, D. C.

HOTEL STATLER

MAY 25, 26, 27



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REPORT OF THE NUTRITION COMMITTEE, CHICAGO METROPOLITAN AREA

Among the programs in which the committee has participated are the following:

Two refresher courses for volunteer teachers of Red Cross nutrition classes.

Two courses in nutrition for the nurses of the Chicago Board of Health.

An Advisory Committee appointed by the Nutrition Committee cooperated with the Office of Price Administration in developing a plan to aid local Ration Boards in the authorization of extra rationed foods for therapeutic diets.

A series of nine articles, "Eat Well Under Rationing," were prepared by members of the Nutrition Committee and submitted to approximately one hundred neighborhood newspapers. The releases were translated into German and Italian. The plan for the publication of the articles was presented to the editors through personal interviews by Red Cross volunteers.

The committee on Speaker's Pool made lecturers in nutrition available to Parent-Teacher Associations, Women's Clubs, Consumer Service Groups and other lay organizations.

Three bibliographies on nutrition subjects have been prepared by the Library Committee for the use of libraries and other organizations interested in preparing exhibits of free and inexpensive materials.

Committees have just been appointed to investigate the possibility of cooperating in a nutrition education program with industry, restaurants and grocers.

May 19, 1943

JUN 14 1943

Georgia Nutrition Committee Report for Immediate Future Plans

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The Georgia State Nutrition Committee will focus attention on the following for the next few months:

I. Food Supply and War Requirements-

1. A food production program in Georgia to more adequately meet the needs of Georgia. Encourage the increase in consumption of fresh foods by keeping the public informed as to seasonal supplies of such foods.
2. The conservation, storage and wise use of the food supply. This program to be stressed with urban families as well as rural.
3. Adjustments in agriculture to grow the State quota of essential war foods and fibres.
4. Continue to spread an understanding of the reasons for the general price fixing regulations, especially as they affect foods. Encourage a general study of grade and quality of food to help prevent price increases by lowering quality.

II. Feeding Problems in War Areas-

1. Develop a stronger program on the industrial nutrition problem, especially in the areas of war production.
2. To give nutrition information and assistance to families living near military areas. Food clinics, short courses and nutrition classes to be encouraged.

III. School Lunch Program-

1. To encourage county committees to give all assistance possible to local school authorities in promoting a school lunch program for all the children.
2. To render assistance to the nurseries in the industrial areas.

IV. Nutrition Information-

1. Continue to spread practical nutrition information to get people
 - (1) to know what foods they need to eat
 - (2) to get those foods:
 - (a) by a food production program

(b) and/or by food buying, considering food rationing problems.

(3) to improve food habits

2. Increase use of radio, newspaper, exhibits and further develop food demonstrations.
3. Emphasize importance of face to face contacts to spread nutrition information by community and neighborhood leaders and block leaders.
4. Continue group teaching through a series of six lessons developed by the State Committee.

COMMITTEE ON NUTRITION FOR MARYLAND

For the next few months the nutrition committee will center attention on two lines: 1. food conservation, 2. nutrition in industry. The Extension Service, the State Department of Education and Baltimore City Department of Education have taken the lead in food conservation: Extension is offering food preservation instruction to the rural women; the Department of Education through the county superintendents is offering classes in preservation and establishing canning centers in some of the schools; in Baltimore preservation instruction is being offered and a few centers will be open.

The Food Distribution Administration of Maryland, the Maryland Council of Defense and the Civilian Mobilization Services of Baltimore are cooperating in these plans.

A food conservation workshop will be held at the University of Maryland, College Park, on June 23 and 24. Home economics teachers, home demonstration agents and other persons who will be working in this program are to attend. A fee of \$1.50 per day for cost of materials will be charged.

The Committee on Industrial Nutrition has surveyed the industrial plants in and around Baltimore for information: on nutrition education for plant employees or their wives; on plant feeding and its extent. The committee at its recent meeting invited the Director of Personnel of plants near Baltimore (where the majority are located) to discuss needs and plans for industrial feeding and for nutrition education. There is distinct progress here, although, it is slow. The Bureau of Health in Industry of the State Department of Health and the Baltimore City Department of Health have cooperated in this work.

The Negro schools are doing excellent work in nutrition education in both Baltimore and the counties of Maryland. One colored home economics teacher and a committee of colored people in each county have been delegated to work with county nutrition committee. The State Chairman of Nutrition for Negroes communicates with these home economics teachers regularly. There is much to be done with these people.

May 20, 1943

PROGRESS REPORT OF MASSACHUSETTS NUTRITION COMMITTEE

Functioning - committee functions under the Health and Social Services section of the Massachusetts Safety Committee (OCD).

Local committees - there are now known to be 250 local nutrition chairwomen. They have been active in the meat-sharing program and are now taking part in the garden and food preservation activities in their towns. Local nutrition committees are being urged to again stimulate war emergency nutrition courses in their communities. This course was prepared by the State Nutrition Committee and is given by home economics graduates qualified by this committee.

Victory Gardens - since the Governor has appointed a committee, with the Extension Service responsible for this program in the state, all groups cooperate by knowing the policy and referring requests to the Governor's Committee.

Food Preservation - The Extension Service is responsible for this program in the state and all other groups know the policy and cooperate. The State Nutrition Committee has helped organize refresher institutes and various members have the responsibility for food preservation programs in their organizations.

Food Distribution - a plan will be made with Mr. Sullivan, State Supervisor of the Food Distribution Administration, to further in every possible way the use of any foods that may be available in the state in more than normal amounts.

War Time Food Demonstrations - as a result of the November 4, 1942 meeting in Washington, D. C., of the representatives of the federal and state nutrition Committees and Home Economics Women in Business, Miss Janette Kelley was designated liaison of the HEWIBs and the State Nutrition Committee. This group had been cooperating previously with the State Committee. A meeting of all members of the HEWIB group and state and community health nutritionists was held December 10, 1942, to outline a program at which time a training demonstration was given on Share-the-Meat. Forty volunteers signed up to give demonstrations. At least 300 of these were professional women who were to pass information on to others in some manner. One hundred and fifty-two demonstrations have been given, with an attendance of some 10,173. This group assisted with fish exhibits, demonstrations and recipes. See No. 6. The summer activities will be concentrated on canning and food preservation demonstrations. Fall plans being suggested are that the HEWIBs adopt a series of restaurant-and-tea-room projects on the proper methods of cooking and serving vegetables.

Increased Utilization of Seafood Resources - a sub-committee was organized in January to encourage the use of less-known varieties of seafood. Members represent the fishing industry, Wild Life Service State Division of Marine Fisheries, home economics women in business, a newspaper feature writer and radio broadcaster, and the State Bureau of Markets. Recipes were developed and distributed. Exhibits have been made and demonstrations given of these less-known varieties at 25 meetings. More than half of these have been for home economists, fish dealers and lay leaders. Four luncheons using these varieties have been served to groups of home economists in radio, newspaper and hospital positions, editors, hotel men and wholesale fish dealers. Ocean pout, raja, whiting, alewives, mussels, and rose fish roe have been among the products featured. As an indication of what can be done, largely thru the efforts of this committee, 3,000,000 pounds of ocean pout a variety previously wasted, have been marketed. The committee will

continue on other varieties as they need featuring.

Industrial Nutrition - Two papers on industrial nutrition have been prepared, one for the February issue of "Industry," the official publication of Associated Industries of Massachusetts; the other "Food for Production" presented at the Massachusetts Safety Conference March 29 was published in the May issue of "Industrial Medicine." Plant cafeteria surveys have been made at the request of two war industries. The question about nutrition most frequently asked concerns the wisdom of the wholesale and indiscriminate distribution of synthetic vitamins to the workers. The full committee, numbering about 25 workers, represents those groups and agencies best qualified to promote improved nutritional health of the workers. The full committee is scheduled to meet in early June to decide upon policies and procedures and will meet once each month thereafter or whenever there is important business to transact. Management and nutrition surveys, nutrition education, and nutrition services will be made available upon request.

Red Cross Cooperative Effort - Mrs. Miriam Black, Special Field Nutrition Representative of the Red Cross, and a member of the State Committee, cooperates on the following programs - Child Care Centers, industrial health programs, education in nutrition to improve the health of the individual, family and community, and School Lunch programs; and wishes cooperation in training Canteen Corps, Nutrition Aides and Dietitian Aides.

OPA - At the request of the State OPA, a sub-committee of the State Nutrition Committee has been formed to prepare twice monthly releases on rationed foods. This material will be sent by the State OPA to all Rationing Boards, community nutritionists, extension service workers, approved Red Cross nutrition instructors, local nutrition chairmen and 1800 home economics volunteers. The material prepared is a single mimeographed sheet which says "Prepared for the Office of Price Administration by the Massachusetts State Nutrition Committee."

REPORT OF THE MICHIGAN NUTRITION COMMITTEE

In Michigan the Nutrition Committee is also a Committee of the Michigan Council of Defense. Since October 1942, the Council of Defense has had a full-time nutritionist. Mrs. Olga Bird Nickle, Chief of the Nutrition Section of the Civilian War Service of the Council, has been "loaned" from the 4-H Club staff of Michigan State College. She works directly with the local nutrition committees and the State Nutrition Committee.

There are 83 counties in Michigan. Eighty counties and 44 cities or towns have nutrition chairmen making a total of 124 active nutrition committees in the State.

Fifty-one Michigan newspapers are using the nutrition news releases weekly, sent out by the Council. A monthly newsletter is sent to all chairmen.

A Food Conservation Committee of the State Nutrition Committee in cooperation with the Council and other State agencies is working on food problems. Local nutrition committees are acting as "steering" committees in this program which is being carried out in every community in the State with the cooperation of the Consumers Interest and Victory Garden Committees. Help in conducting canning demonstrations is being given by Vocational Education, Extension Service, Farm Security Administration, commercial Home Economics women and home economics teachers. The Extension Service of Michigan State College has loaned the services of a specialist to conduct canning demonstrations in urban areas. In addition, at least 8 canning demonstrations will be conducted in all counties.

Weekly radio programs are being given on timely topics and food demonstrations are given frequently.

Work is progressing in the Nutrition and Schools Committee. It is cooperating with the State Health Education Committee. Progress is being made on a nutrition program for the elementary schools. The School Lunch program is being stimulated in many ways.

Locally, work is progressing in nutrition and industry but a State committee has not been organized. Detroit, Lansing, Grand Rapids and Flint have active programs.

Examples of county activities:

Wayne This group has worked with Neighborhood War Club Leaders in sponsoring nutrition classes and many talks throughout the city of Detroit. The Children's Fund of Michigan made it possible for a nutritionist to be employed as assistant to the Wayne County Council of Defense Nutrition Committee Chairman.

Wexford The Wexford County Nutrition Committee is working in cooperation with labor unions and plant management to improve factory lunches from the standpoint of complete nutrition for efficiency. A few weeks ago, after nutrition talks, workmen in one of the factories in Cadillac asked to have milk delivered to them for a mid-morning lunch. Their employer ordered the milk but thought it rather foolish in times of food shortages, until the nutrition chairman explained the reason.

Grand Traverse Outstanding work is being done in Grand Traverse County by the Nutrition Committee. Activities include a weekly radio broadcast, done with the help of the graduate home economics group; nutrition courses; nutrition speeches; demonstrations on meat buying and variety meats; and an emergency feeding club

that prepares meals for soldiers leaving for camps. The Committee is distributing 500 to 600 pints of milk daily in Traverse City alone, through their penny milk fund. Fourteen canning schools are scheduled for summer.

Plans for the next three months include emphasis on gardens, food conservation of all types and continued work on food selection and use.

REPORT OF MINNESOTA STATE NUTRITION COMMITTEE

During the next few months attention will be focused on the following projects in Minnesota.

Food production, preservation and storage.

At the request of the Minnesota USDA War Board, the Agricultural Extension Service called a state-wide conference of all groups actively interested in gardening programs. This was followed by similar county-wide meetings. Many gardens are being planted as evidenced by unprecedented sales of seeds, plants and implements according to reports by dealers.

Illustrative of programs now in progress are (1) food production, preservation and storage projects sponsored by agents connected with the Agricultural Extension Service, by home management and farm management specialists associated with the Farm Security Administration, by farmer field women employed by the Agricultural Adjustment Administration, by victory garden clubs, the state Horticultural Society, the Red Cross and others and (2) special courses in home economics and agriculture offered for students in high schools and colleges and for out-of-school youth and adults.

Members of the state nutrition committee are cooperating with the Food Distribution Administration in allocating pressure cookers.

Food distribution and conservation.

The marketing specialist in the Agricultural Extension Service is chairman of a group, drawn from various agencies, who are working on the marketing of commercially grown fruits and vegetables. In Minneapolis and St. Paul daily radio and newspaper releases, prepared by the Agricultural Extension Service are calling attention to the "best buys" among locally grown fruits and vegetables. Some local nutrition committees are planning for marketing and canning centers to conserve all the food produced in their area.

The Food Distribution Administration has asked that a representative from each county nutrition committee serve on each county wartime food management committee and the state Office of Civilian Defense has recommended that a county nutrition committee member be included on each county rationing board dealing with food.

School lunches. With the liquidation of WPA and FDA school lunch programs, local groups are working on new plans for obtaining workers, and food supplies, for growing gardens and for preserving or storing the products grown.

Publicity. Members of state and local nutrition committees will continue to supply timely articles for the Minnesota Defense Council Bulletin, the Minnesota Journal of Education, Everybody's Health, the Minnesota Horticulturist, the Registered Nurse and various newspapers and periodicals.

NORTH CAROLINA

During 1943, the North Carolina State Nutrition Committee and its affiliates, the County Nutrition Committees, of which there are 95 in the 100 counties of the State, have made gratifying progress in the six major divisions of their program, namely:

1. Publicity and Information
2. Food Production
3. Food Conservation and Utilization
4. Public Health and Clinical Nutrition Services
5. Education in Nutrition, through the regular school program, through the school lunch program, and for adults
6. Nutrition services for industrial groups

Publicity and Information - Efforts have been continued to publicize appropriate information on nutrition through all available channels of communication. This work has been conducted on both state and local levels and it has been participated in by all of the cooperating departments and agencies, even by the Governor himself.

Food Production and Food Conservation - As to food production, more intensive work than ever has been undertaken this year. Sponsored by the Agricultural Extension Service, the progress of the Victory Garden program has been given added momentum from all quarters.

A special feature of the work this year has been a state-wide Food Preservation Program. After a two-day workshop for home economists on the state level, representatives visited each of the 100 counties to hold similar workshops to acquaint county demonstrators with all modern methods of food preservation. This work is being carried by trained volunteers to blocks and neighborhoods throughout the State. State representatives trained 5,350 persons, and these are now training block and neighborhood demonstrators, both white and Negro. Recognition of the special needs of the urban population led to the appointment of 22 white and 3 Negro assistant Home Demonstration Agents to work only with urban women during June, July and August. Extension Service and City Councils are sharing the expense of this service. Plans for the summer and fall include continuation of food conservation demonstrations, in-door and out-of-door food storage demonstrations, and the growing of fall gardens.

Public Health and Clinical Nutrition Services - Surveys to assess the nutritional status of population groups are being continued by our Cooperative Nutrition Study. The procedure includes a study of the dietary intake of each individual for seven days, a physical examination, and blood tests as follows: a red cell count, hematocrit, hemoglobin, total protein, albumin, vitamin A, vitamin C, and carotene. The State Board of Health now has a budget for the employment of four trained nutritionists, two of whom will begin their duties on June 15th. These nutritionists will be available for advisory services to the state and local nutrition committees, to other divisions of the State Department of Health (such as maternal and infant services and the division of oral hygiene), to state institutions, school lunch programs and industries. A full-time trained nutritionist has been employed, also, by one of our county health departments.

Education in Nutrition - Through the regular school program nutrition instruction, coordinated with the school lunch, has been continued throughout the State. Extensive use was made of the million "nutrition fliers" that were available to the schools. Red Cross courses continued apace, and approved, practical short courses reached large groups of the population. The school health coordinating service continued its nutrition work in the schools and its workshops for teachers will be held again this summer at two white and two Negro state colleges. Nutrition courses will be offered in the summer schools of each college this summer - some courses will be on the graduate level, others as refresher courses. Plans will be made to cooperate with the New Community School Lunch Program as soon as the Food Distribution Administration announces its policy of assistance. So far, this program has been tried in only two counties.

A nutrition conference will be held at Woman's College, Greensboro, in July, for state and local leaders in nutrition. National leaders have been invited to participate and direct the discussions.

Nutrition Services for Industrial Groups - One firm has employed a full-time trained nutritionist to supervise the plant's cafeteria and also to undertake nutrition work with the wives of the employees. Useful work has been undertaken by the state and local committees at several other plants but this work generally requires considerably more attention.

COOPERATIVE EXTENSION WORK
in
AGRICULTURE AND HOME ECONOMICS

STATE OF SOUTH CAROLINA

Clemson, South Carolina
May 20, 1943

Mr. J. C. Leukhardt
Executive Assistant
Nutrition and Food Conservation Branch
Food Distribution Administration
United States Department of Agriculture
Washington, D. C.

Dear Mr. Leukhardt:

For a brief report on specific subjects which will engage the attention of our State and County Nutrition Committees during the next few months I am making the following statement.

1. Production. Every effort is being made in this State to get as large production of foodstuffs by farmers as well as by city, town and village gardeners. Emphasis is being put on those types of foodstuffs which can be grown most successfully under our soil and climate conditions having in mind also the inexperience of many people in growing foodstuffs. The different agencies having representatives on the State Nutrition Committee are pursuing this production activity, each in its own way. However, a much larger number of home gardens are in evidence than ever before. Farmers in addition are growing field crops to either contribute directly to the food supply or to increase the amounts of feedstuffs, which in turn will mean better fed livestock and more human food. It may be that we will eventually have to utilize more of the feedstuffs as human food and reduce the livestock population, and the Committee has this angle of the situation in mind.

2. Conservation. A program of saving everything produced is being organized by the different agencies interested in better nutrition through such processes as canning, drying, dehydration, brinning and protection from insect pests.

3. Enrichment. This State now has an additional enrichment law which provides for the enrichment of all dehydrated corn meal and pearl grits sold in the State. This law becomes effective July 1, 1943. The consumption of these corn products is very considerable and while the law does not include enrichment of locally manufactured products the nutrition committees will have considerable amount of educational work to do in this connection.

4. Strengthening Local Committees. A very great problem confronts the State Committee in getting more effective work done locally by county committees. One approach that we plan to make is through the assignment of each member of the State Committee to one or more counties for special services in helping the county committees to better organize and promote the program.

Mr. J. C. Leukhardt

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May 20, 1943

Many other things are likely to come up from time to time requiring attention which are not included above, but it is felt that the above constitutes a worthwhile program.

Very truly yours,

DWW:HSA

REPORT OF STATE AND COUNTY NUTRITION COMMITTEES

in

SOUTH DAKOTA

Nora M. Hott, Chairman

1. SHARE THE MEAT CAMPAIGN

Some phase of this program was carried in every county of the state, 37,834 families were contacted by block and neighborhood leaders, 110 demonstrations were given on "Conserve Meat" with attendance of 1,280 and 2,750 bulletins were distributed.

2. POINT RATIONING

Families were contacted by block and neighborhood leaders on point rationing and urged to attend demonstrations on how to get a supply of Vitamin C and stay within ration. Fifteen thousand attended the Vitamin C demonstrations.

3. FAMILY FOOD SUPPLY

Families were also asked to enroll in Family Food Supply Program sponsored by the Extension Service. By the end of April 38,000 had enrolled and many more have been added to the list. During the season nutrition committees and nutrition aids will assist with food preservation demonstrations and with food preservation information centers.

4. ASSISTANCE OF EXECUTIVE SECRETARY - REGIONAL OFFICE

Miss Gaynold Carroll has been assigned to the committee for the period of May 17 to June 30. She will assist in conducting county training schools in Food Preservation and Nutrition Refresher Institutes. She will meet with Nutrition committees and work out plans for various worthwhile activities, such as, food demonstrations, nutrition weeks or days, and campaigns for the clean plate. She will urge committees to do more work through restaurant owners to show them how to serve well balanced meals in spite of rationing, and help shortage. She will show groups many uses of plentiful foods on the market such as carrots to replace rationed canned foods.

5. TENTATIVE PLANS FOR FALL

- a. Series of schools on quantity cookery and institutional management to help Red Cross instructions in teaching canteen courses.
- b. Continued work on alternate foods for scarce foods.
- c. War on food waste campaign and demonstration.

SUMMER PROGRAM FOR WISCONSIN'S NUTRITION
COMMITTEE

The importance of food conservation during the growing season in Wisconsin seemed to warrant major emphasis upon the various methods of preservation that are considered safe, that avoid waste from spoilage, preserve nutritive values, are adapted to surpluses in different areas of the state and that can be employed with the equipment that is available. Consequently, in the next four months the nutrition committees plan to bend their energies in this direction. The part played by the home produced and home preserved food supply in providing adequate diets for Wisconsin families will be the principal theme for the summer program. The best use of the products of victory gardens will be kept in the foreground by means of food demonstrations, the press, radio, distribution of printed materials and through meetings of various types. Storage, brining and dehydrating, as well as canning, will be carefully considered. Suggestions for the use of rationed foods in combination with the home produced food supply will be given.

County nutrition committees are assisting organized state agencies in surveys of local communities to determine the number of pressure cookers that are available and are promoting the organization of neighborhood canning groups wherever the sharing of pressure cooker equipment is feasible or possible. In addition the nutrition committees are attempting to follow the procedures in the rationing of pressure cooker equipment as this equipment is released by the W.P.B., to inform homemakers in regard to the regulations for making applications to the County War Boards, to notify homemakers when and where the cookers may be procured.

In order that food conservation might be given special consideration, a sub-committee of the State Nutrition Committee was appointed to deal with problems that grow out of this part of the total program. Because of the lack of new pressure cooker equipment and because it is now apparent that such equipment is not likely to be available until late July or August in this state, food preservation centers are under consideration in a limited number of communities. The sub-committee is working on helpful suggestions for local committees. The sub-committee is also surveying available large equipment for use in such centers. They have conferred with officers of local canneries and the Wisconsin Canners Association to obtain suggestions in regard to preservation of large garden surpluses. They have prepared "spot" maps showing where the various state agencies such as extension service, State Vocational Education Board, City Vocation Schools, F.S.A. have instituted organized preservation programs and have attempted to locate the places in the state where such programs are in demand and where stimulation and help may be needed. This committee is working with representatives of the State Department of Agriculture on plans for a demonstration canning center at the State Fair Grounds. The committee was instrumental in getting a large number of circulars on "Home Canning" from the State Extension Service for distribution in the state.

At the suggestion of the State Nutrition Committee the University of Wisconsin and Stout Institute are to hold institutes on food conservation and preservation. The institute at the University is to be held on June 14. The institute is planned primarily for vocational teachers and other teachers of home economics, county nutrition committee members, Red Cross nutrition chairman, home service directors in utilities, and other groups who are providing information, demonstrations or other types of help on food preservation in their communities.

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The sub-committee on the School Lunch is studying ways and means of providing garden surpluses for the school lunch program for the next school year.

The next step in this state is a study of the industrial feeding program. A sub-committee has been authorized. With the help of the regional representatives in industrial nutrition it is hoped that a vital program may be started.